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## HAVOC AND DESOLATION

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PAGE 7



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Manitobans line up to pay their respects and sign a book of condolences for Elijah Harper at the Legislature in Winnipeg Monday. Near the casket were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 inside the legislature when he denied the unanimous consent needed to rush the Meech Lake accord through to final approval. JOHN WOODS/THE CANADIAN PRESS

## Grateful give last salute to Elijah Harper

**Dead at 64.** Widow  
unsurprised by turnout  
for man who blocked  
the Meech Lake accord

Hundreds lined up inside the legislature Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," said Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

"I think the legacy that he left will continue to inspire us and keep us on a good path."

Young and old slowly made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress.

Harper was born on the Red Sucker Lake reserve in north-

ern Manitoba and attended a residential school. Afterward, he furthered his education in Winnipeg and came across other future aboriginal leaders — Phil Fontaine, Ovide Mercredi and Eric Robinson, who is Manitoba's deputy premier and holds Harper's former legislative seat.

"You could tell that he had a quiet demeanour about him but you knew that the guy had more knowledge underneath," Robinson recalled Monday.

Harper had been dealing with health problems for years. He died Friday of cardiac failure due to diabetes complications. He was 64.

His widow, Anita Olsen Harper, sat by his casket Monday and accepted condolences from the long line of well-wishers.

"I'm not at all surprised," she later told reporters. "People loved Elijah. They still do."

Read more about Elijah's life on page 4. **THE CANADIAN PRESS**

What does your  
freedom look like?  
Turn to page 9



# Teed up to speak on city golf courses, but shut down

**Fair or foul?** Debate stopped as lease/sale of golf courses gets committee's approval



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

The outcome may have not been in doubt, but the way in which a vote at city hall on Friday went down ruffled

the feathers of those hoping to continue to shoot birdies on city-owned and operated golf courses.

A report by the City of Winnipeg calling for the lease of four courses and the declaring of another as surplus was approved by councillors Russ Wyatt (Transcona) and Grant Nordman (St. Charles) on the alternate service delivery committee.

The report now moves to Wednesday's executive

policy committee meeting for debate, but it was the lack of a debate on Friday that prompted several people to walk out of the Alternate Service Delivery (ASD) meeting.

Nordman moved suspension of the rules to allow the delegations to speak, however, committee chair Wyatt voted against, which, coupled with the absence of committee member Coun. Jeff Browaty (North Kildonan) resulted in a hung vote and no motion.

Wyatt said the delegations did not follow the rules and registered past the 4:30 p.m. Thursday deadline.

"I'm just saying that our report came out on a Monday and they have until 4:30 the day before to speak, and they had that opportunity to register," added Wyatt.

One of those people named by Wyatt was Mike Davidson, president of CUPE Local 500.

For his part, Davidson said he registered to speak

last week and showed media an email from the city clerk's office that stated a mistake was made.

Coun. Paula Havixbeck said she and other councillors often ask to comment on a subject at the last minute and is baffled by Wyatt's decision.

"Every chair, and when I've been a chair, of course you always allow people to speak, I've never seen a councillor turned away," she said.



## Playing the game 4Life

Nikko Ferrer, a member of the St. John's High School Tigers basketball team, gets some air as Winnipeg Police Chief Devon Clunis (No. 22) looks on during Friday's game between St. John's and the Winnipeg Police basketball team. The lunchtime event was in support of the 4Life Foundation, a charity that provides sports programming for at-risk youth. BERNICE PONTANILLA/METRO

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Crime

## Arrest made after shots, car crash

A man is in custody and police expect to make more arrests after gunshots led to a three-car crash in the Exchange District early Monday.

Two cars driving away from where the shots were heard on McDermot Avenue crashed into another vehicle at the corner of Princess Street and McDermot Avenue just before 12:30 a.m., police said. **SHANE GIBSON/METRO**

## Bethania. Care home CEO placed on leave after new accusations surface

The CEO of an agency that runs two personal care homes in Winnipeg has been put on administrative leave while the province investigates new accusations against the group.

Allegations surfaced earlier this year that Ray Koop of Bethania Group Personal Care Homes had rigged a new contract to get around a provincial salary freeze. Koop retired, started collecting a pension and was rehired the next day at a higher salary.

That contract was cancelled, but Manitoba Health Minister Theresa Oswald says there are new concerns about alleged financial mismanagement, staff intimidation and nepotism.

Oswald says the government raised the concerns with Bethania's board and it agreed that an independent investigation is needed.

Koop's questionable contract came to light after the province audited Bethania last

December.

"These new allegations are numerous and serious and must be investigated," Oswald said in a release Friday.

"While inspections continue to show that the care at Bethania meets provincial standards, we also need to ensure that serious allegations about potential financial mismanagement and respectful workplace issues are investigated thoroughly."

**THE CANADIAN PRESS**

# Review board grants Vince Li more privileges



Vince Li has been granted more day trips from the Selkirk Mental Health Centre. **THE CANADIAN PRESS FILE**

**Ruling.** Man who beheaded passenger on Greyhound bus in 2008 has made 'excellent improvement' since attack: Psychiatrist

A man found not criminally responsible for beheading a fellow passenger on a Greyhound bus in Manitoba has been granted more privileges.

The Criminal Code Review Board has ruled that Vince Li can go on more escorted day trips from the Selkirk Mental Health Centre where he is in custody.

Li was already allowed short escorted visits into Selkirk but soon will be able to make supervised, full-day trips farther afield to Lockport and Winnipeg and nearby beaches.

The board also says Li can be unescorted on the grounds of the mental hospital starting at 15 minutes at a time and working up to full days.

The ruling from the review board says that the expanded privileges, which are to begin on Friday, can continue under the condition that Li "comply with all directions of and continue to take medication prescribed by his treating psychiatrist or designate."

Li's psychiatrist told the review board at a hearing last week that the 45-year-old Li hasn't had hallucinations in more than a year and is a low risk to reoffend. Li's status is reviewed annually by the board.

He was an undiagnosed schizophrenic when he stabbed and beheaded Tim McLean and ate parts of his body in July 2008.

**THE CANADIAN PRESS**



Natasha Jeffrey, 37, was found dead in a Charleswood home along with Ronald Dabreo, 39, on Friday. **FACEBOOK.COM**

## Double-homicide. Victim's loved ones vent their rage on Facebook

Friends and family of the woman found dead in a double-homicide at a Charleswood home Friday took to Facebook over the weekend to rail against the man charged in the killings.

The bodies of Natasha Jeffrey, 37, and Ronald Dabreo, 39, were found in a home in the 4300 block of Roblin Boulevard around 8:20 a.m. after Seymour Lloyd Sharpe, 44, led police to the scene. Police said Sharpe turned himself in and has since been charged with two counts of second-degree murder.

"Your pain awaits you ... You have to suffer day after day. (It) will be (worse) than what you did, (I) promise," Elizabeth Dominique-Haynes, who referred to Jeffrey as her "favourite cousin in the

world," posted on Jeffrey's Facebook page. "You the devil that's what you are."

None of the allegations have been proven in court.

Police would only say that a domestic-related matter led to the killings and that Sharpe and Jeffrey were known to each other. There are a number of photos of the pair on Jeffrey's Facebook page, and comments made on many of the pictures indicate they had been romantically linked.

Police have not released the cause of death pending an autopsy, and they wouldn't say whether a weapon was used in the killings.

The homicide unit and forensic identification unit continue to investigate.

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# Transit Tuesday



Weekly Transit News Update

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### Wonderful father

"Elijah was a wonderful man, father, partner. He will have a place in Canadian history forever for his devotion to public service and uniting his fellow First Nations with pride, determination and resolve."

Elijah Harper's family in a statement to media

### First Nations rights



"Elijah's commitment and dedication to asserting

and upholding First Nations rights and recognition has helped lay the foundation as this hard work continues today."

Shawn Atleo, chief of the Assembly of First Nations

### Words resonated



"Elijah was soft-spoken, but his words resonated across the country and beyond."

Premier Greg Selinger

### Hero to many



"He is still a hero to many. There was nobody like him. He was a kind, wise, loving man."

Sheila North Wilson, spokesperson for the Assembly of Manitoba Chiefs, before sharing a picture of herself with Harper

### Respect for Canada

"He had a lot of respect for Canada and the system in Canada, even though it could be really tough on us and on our people."

Aaron Cardinell, longtime friend and business partner

### Instilled pride

"Elijah Harper was the first public figure who made me proud to be indigenous."

Waubgeshig Rice, in a reaction on Twitter



Elijah Harper was photographed numerous times holding a single eagle feather after he said "no" to the Meech Lake accord, effectively killing it. THE CANADIAN PRESS/FILE

# Elijah Harper remembered for his role in Meech

## Aboriginal rights.

Former MP helped bring aboriginal rights to the forefront with a single "No"

Elijah Harper, the Oji-Cree politician who inspired Canadian aboriginals by blocking the Meech Lake constitutional accord while clutching an eagle feather in the Manitoba legislature, has died.

Harper's family said he died Friday morning in an Ottawa hospital of cardiac failure due to diabetes complications. He was 64.

Harper was a politician and leader for much of his life, but made his mark during the federal government's 1990 attempt to enact the Meech Lake accord, which had been crafted to win Quebec's signature on the Constitution.

Brian Mulroney, who was prime minister at the time, was pressing dissenting premiers to go along with the accord and gave them a deadline to approve it in their legislatures. Voting in Mani-

### In his own words

"I stalled and killed it because I didn't think it offered anything to the aboriginal people."

Elijah Harper, on why he helped kill the Meech Lake accord

toba came late in the national debate.

Harper, then a Manitoba NDP opposition member, believed the deal gave his people short shrift.

Sitting in the legislature, holding an eagle feather, the soft-spoken former chief of the Ojibwa-Cree Red Sucker Lake band refused to allow rules to be waived to speed debate of the resolution. Pictures of Harper and his feather flashed across the country as he repeatedly said "No" in the face of enormous pressure and last-minute scrambling from federal officials.

The clock ticked down. Mulroney's deadline passed. Meech died.

It was a turning point for Canadian aboriginals.

THE CANADIAN PRESS

### Background

## More about his political career

Harper was the first status Indian elected to the Manitoba legislature, where he served from 1981 to 1992. That included a two-year stint as minister of native affairs in former NDP premier Howard Pawley's cabinet.

Harper's duties were interrupted briefly when he sought counselling for drunk driving.

He resigned from the legislature in 1992 and left the New Democrats a year later to run federally for the Liberals. He won a seat representing the sprawling northern Manitoba riding of Churchill.

Harper had some well-publicized financial problems. He was sued by creditors as well as his former wife.

Edmonton

## SUV smashes through patio, killing 2-year-old

Police in Edmonton have laid numerous impaired driving charges after a toddler was killed by an SUV that smashed through a restaurant patio.

Investigators say a family was dining at an outdoor table at a restaurant in southwest Edmonton on Sunday

evening when an Acura MDX crashed into them, pinning a two-year-old boy to a wall.

Paramedics rushed the child and his family to hospital, where the two-year-old boy died. His father suffered rib and back injuries, and his mother and one-year-old sibling suffered minor injuries.

Richard Suter faces charges of impaired operation causing death, refusing to provide a breath sample and two counts of impaired operation causing bodily harm.

THE CANADIAN PRESS

Israel

## Bank shooting leaves five dead

A gunman stormed into a bank in the southern Israeli city of Beersheba Monday, killing four people in a gunfight and taking a hostage before killing himself, police said.

Police initially suspected a bungled bank robbery but later changed their assessment. They identified the gunman as a former military



An Israeli woman is taken out of a bank in the town of Beersheba, Monday. THE ASSOCIATED PRESS

officer who fell on hard times financially. He reportedly got into an argument with the bank manager before the shooting. THE ASSOCIATED PRESS

Uganda

## Police raid offices of newspaper in probe related to general's letter

Ugandan police disabled an independent newspaper's printing press after forcibly entering its premises to look for evidence against an army general who recently questioned the president's alleged plan to have his son succeed him, witnesses said Monday.

Alex Asiiimwe, the Daily Monitor's managing director, said in a statement that the company was "horrified by this act," and the paper's top editors later issued a joint statement saying press freedom is "under threat" in the East African country.

Gen. David Sejusa recently wrote to the internal security service asking for an investigation into reports that those opposed to the president's son as a future leader could be assassinated.

THE ASSOCIATED PRESS

# Attacks kill at least 95 across Iraq

## Hints of sectarian spillover from Syria.

Monday's carnage was highest death toll for single day in 10 months

Iraq's wave of bloodshed sharply escalated Monday with more than a dozen car bombings across the country, part of attacks that killed at least 95 people and brought echoes of past sectarian carnage and fears of a dangerous spillover from Syria's civil war next door.

The latest spiral of violence — which has claimed more than 240 lives in the past week — carries the hallmarks of the two sides that brought nearly nonstop chaos to Iraq for years: Sunni insurgents, including al-Qaida's branch in Iraq, and Shiite militias defending their newfound power after Saddam Hussein's fall.

But the widening shadow



An Iraqi woman passes by the scene of a car-bomb attack in eastern Baghdad, Monday. THE ASSOCIATED PRESS

and regional brinkmanship from Syria's conflict now increasingly threaten to feed into Iraq's sectarian strife, heightening concerns that Iraq could be turning toward civil war.

The Shiite-led government of Prime Minister Nouri al-Maliki must balance its close ties with Iran — the main regional ally of Syria's Bashar Assad — and its position among fellow Arab League members and neighbouring Turkey, which strongly back Syria's mainly Sunni opposition. THE ASSOCIATED PRESS



## Leaders of China, India make push for co-operation

An exiled Tibetan holds a Tibetan flag in New Delhi, India, Monday, as he shouts slogans during a protest at a local neighbourhood after they were stopped from protesting near the venue where Chinese Premier Li Keqiang was attending a meeting. Li said Monday he chose India for his first foreign visit because co-operation between the world's two most populous nations is crucial to world stability and economic growth. He was visiting India just weeks after the two nations resolved a tense standoff between their troops over the disputed Himalayan border between their two countries. KEVIN FRAYER/THE ASSOCIATED PRESS

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## Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn of the men's disappear-

ance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

## Montreal. Queen gets skewered on Victoria Day

The Queen would likely not be amused by the way Victoria Day was observed in downtown Montreal on Monday.

At a rally of hardcore Quebec nationalists, a handful of people threw darts at a photo of the Queen. Others held up signs saying, "Down with the monarchy" and "Quebec will soon be a republic."

There is little love for the monarchy in Quebec. Monday's public holiday is now known as the Journee nationale des patriotes, to mark a rebellion against the British in 1837-1838.

Pierre Veronneau, who made the dartboard, called the royal family "parasites" who "do absolutely nothing."

Like many at the rally, Veronneau said he hopes to see an independent Quebec in his lifetime, without any ties to the monarchy.

The Harper Conservatives' reverence for royalty has always been a source of some puzzlement and scorn in La Belle Province.

### Holiday history

Victoria Day marks the birthday of Queen Victoria. As the monarch in 1867, Queen Victoria is sometimes recognized as the "Mother of Confederation" for helping to bring the country together.

- In Quebec, though, the name of the holiday has changed over the years, reflecting the province's complicated relationship with the monarchy.

The event attracted at least two politicians: Bloc Quebecois chief Daniel Paille and Jean-Martin Aussant, who heads up the small provincial independence party Option nationale.

Aussant said he too envisions an independent Quebec without ties to the monarchy — though he didn't support throwing darts.

THE CANADIAN PRESS

# Indict Mr. Wright and cuff the Duff?

**Senate expenses scandal.** NDP calls on Mounties to inspect the legality of \$90,000 gift

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy \$90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus Tuesday morning before departing to South America



Sen. Mike Duffy left caucus on Thursday, but troubles haven't ended for the Tories. SEAN KILPATRICK/THE CANADIAN PRESS FILE

for trade talks.

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a potentially humiliating showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also stepped down on Friday.

The ethics commissioner is also looking into Wright's repayment of Duffy's expenses. THE CANADIAN PRESS

### #damagecontrol

At least one Tory MP tried to put a decidedly optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

- "Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus &

the PM chief of staff," Joan Crockett wrote on Twitter.

- "Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals"

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# Monstrous tornado rips through Oklahoma City suburb; scores dead

**Tragedy.** Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado of rare power roared through an Oklahoma City suburb, killing at least 51, flattening neighbourhoods with winds of up to 320 km/h and destroying at least one school. Officials said children were among the dead.

The death toll was expected to rise, an Oklahoma Medical Examiner's Office spokeswoman said. Rescuers swarmed the debris as darkness fell.

More than 140 people were being treated at hospitals, including about 70 children. Some were in critical condition.

"Hearts are broken" for

parents looking for their children, Gov. Mary Fallin told a news conference.

The ferocious storm — less than one per cent of all tornadoes reach such wind speed — ripped through the suburb of Moore in a Midwest region of the U.S. known as Tornado Alley.

Block after block lay in ruins. Cars and trucks were left crumpled.

The National Weather Service estimated that the tornado reached up to a half-mile (0.8 kilometres) wide and was an EF-4 on the enhanced five-point Fujita scale, the second-most powerful type of twister.

In video footage, the dark funnel cloud moved slowly across the landscape for more than half an hour, scattering shards of wood, pieces of insulation, shingles and glass over the streets.

The focus quickly turned to Plaza Towers Elementary

School, where the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal.

Several children were pulled alive from the rubble. Rescue workers passed them down a human chain to a triage centre in the parking lot.

James Rushing, who lives across the street, heard reports of the approaching tornado and ran to the school, where his five-year-old foster son, Aiden, attends classes. Rushing believed he would be safer there.

"About two minutes after I got there, the school started coming apart," he said.

Dangers remained. Downed power lines and open gas lines posed a risk Monday night, Police Capt. Dexter Nelson said. Television footage showed at least one fire in the debris.

THE ASSOCIATED PRESS



A woman carries a child through a field near the collapsed Plaza Towers Elementary School in Moore, Okla., Monday, after a tornado nearly a kilometre wide with winds up to 320 km/h roared through the Oklahoma City suburbs.

SUE OGROCKI/THE ASSOCIATED PRESS

## D-Day beach

### Canadians get their say in French development

Canadians have a chance to voice their opinions on a plan to build an army of wind turbines 10 kilometres offshore from the site of Juno Beach, where 359 Canadians died during the Second World War, as a French commission holds public consultations on the project.

THE CANADIAN PRESS

## Greece

### Beach-goers shell shocked

A surprise shell has caused a big stir at a popular Athens beach.

Greek authorities evacuated the seafront Monday after a swimmer found a corroded artillery shell just 10 yards from dry land, fished it out and presented it to a lifeguard.

The 30-centimetre round dated to the Second World War.

THE ASSOCIATED PRESS

## Gander, N.L.

### Weekend snowfall crushes old record

Newfoundland and Labrador is digging out of a spring storm that walloped parts of the province over the weekend with record-breaking snowfall amounts. Environment Canada says 54 centimetres of snow fell in Gander on Saturday and Sunday. A spokesperson says those numbers shatter the previous record of 29 centimetres.

THE CANADIAN PRESS

## Weather predictions

### Hot hot heat to take it down a notch this year

Get ready to break out the sunscreen Canada, but don't worry about sizzling all season.

Meteorologists at AccuWeather.com say the majority of Canadians can look forward to a more "typical" summer this year, when hot spells will be interspersed with cooler periods.

THE CANADIAN PRESS

## Just like Salem?

### Judge rejects motion for mistrial in dead lover case

Defence attorneys for Jodi Arias asked the judge to remove them from the case and declare a mistrial Monday, arguing the frenzy surrounding the case has created a modern-day witch hunt.

The judge denied both motions, and Arias planned to take the stand Tuesday. Jurors will find out then if she tells them the same

thing she told a local reporter: She'd rather be executed than spend her life in prison.

Defence attorneys told the judge they would call no witnesses after a key witness refused to take the stand because of death threats.

Arias acknowledged killing her lover Travis Alexander at his suburban Phoenix home on June 4, 2008.

She initially denied any involvement and later blamed the attack on masked intruders.

Two years after her arrest, Arias said she killed Alexander in self-defence.

THE ASSOCIATED PRESS



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# Quebec student protesters are fighting fines — with a panda

## Anarchopanda.

\$31,000 raised to fight 1,000 tickets handed out and to challenge Montreal bylaw that bans masks

A philosophy professor who famously wore a panda costume to lighten the mood throughout last year's Quebec student protests has found a new cause.

Anarchopanda, the unofficial mascot of the Quebec student strikes, has completed a fundraising campaign to contest fines levied against protesters in recent months.

More than \$31,000 has been raised according to Anarchopanda — whose real identity is Julien Villeneuve.

He became a local celebrity during the student strikes where, clad as the bamboo-munching bear, he

peacefully marched with students, offer hugs to police.

Although the strikes ended last year, the most committed core of protesters carried on this spring. First they fought the smaller tuition hikes introduced by the Parti Québécois and, lately, have been contesting an alleged crackdown on civil liberties.

Villeneuve was detained last month and fined \$637 for not respecting a Montreal bylaw that has become the focus of the civil-liberties dispute.

He is now fighting that local bylaw, P-6 — which bans masks at protests and imposes fines that range from \$500 to \$1,000 for a first offence.

The bylaw was passed at a time that Montreal was on edge, with daily demonstrations occasionally devolving into street scuffles, blocked downtown traffic, smashed windows, and transit interruptions.

THE CANADIAN PRESS



Anarchopanda, the unofficial mascot of the Quebec student strikes, greets riot police at the start of a student protest against tuition fee hikes on Feb. 26 in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS FILE

## Sweden

### Police shooting sparks riots in Stockholm

Gangs of youth in Sweden angered by the police shooting death of an elderly man in a mainly immigrant neighbourhood hurled rocks at police and set cars and buildings on fire in a Stockholm suburb early Monday, forcing the evacuation of an apartment block.

Around 50 youths were involved in the riots in the suburb of Husby, a drab, low-income neighbourhood of apartment blocks west of Stockholm.

The youths set light to a parking garage, compelling police to evacuate residents from an adjacent apartment block.

Around 80 per cent of the 11,000 people in Husby are first or second generation immigrants.

Police responding to calls of burning cars were met by masked youths hurling rocks at them.

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# Tunisian feminist arrested in holy city



Tunisian activist Amina Tyler, seen on April 8. CAPA/CANAL+/THE ASSOCIATED PRESS FILE

**'An act of provocation.'**  
Mother of 19-year-old protester who posted topless photos online fears for daughter's life

A Tunisian feminist who scandalized her country by posting topless photos of herself online has been arrested after

allegedly sneaking into Tunisia's holiest city disguised in a veil, then trying to get undressed during a protest.

On Sunday, Amina Tyler — a 19-year-old member of the Ukrainian feminist group FEMEN, which uses nudity in its protests — passed through heavy security and checkpoints to enter the city of Kairouan, where police were preventing hardline conserva-

tive Islamists from holding an annual conference.

There she unveiled her bleached blond hair and cut-off jeans, scrawled "FEMEN" on the wall of a cemetery near the city's main mosque, and attempted to take off her clothes, her lawyer Radhia Nasraoui quoted police as saying.

In a video of the incident shown on the Tunisian news

website Nawaat, people yell "get out" at her as police usher her into a waiting van.

A local resident shouts at the camera: "She is dishonouring us. We will protect our town, but a dirty girl like her shouldn't come among us."

"We are all Muslims," Tyler says to one man, who replies: "You are no Muslim. Don't come to Kairouan."

THE ASSOCIATED PRESS

## Gay rights activist

### Czech leader under fire after refusing to appoint academic

The Czech Republic's controversy-courting new president is under fire for refusing to grant a university professorship to one of his critics and hinting that it is because the man is a gay rights activist.

In what is normally a formality, Czech presidents appoint the country's professors after they are nominated for the top title by their universities, but left-leaning President Milos Zeman has stood firm by his decision not to let a prominent literary historian



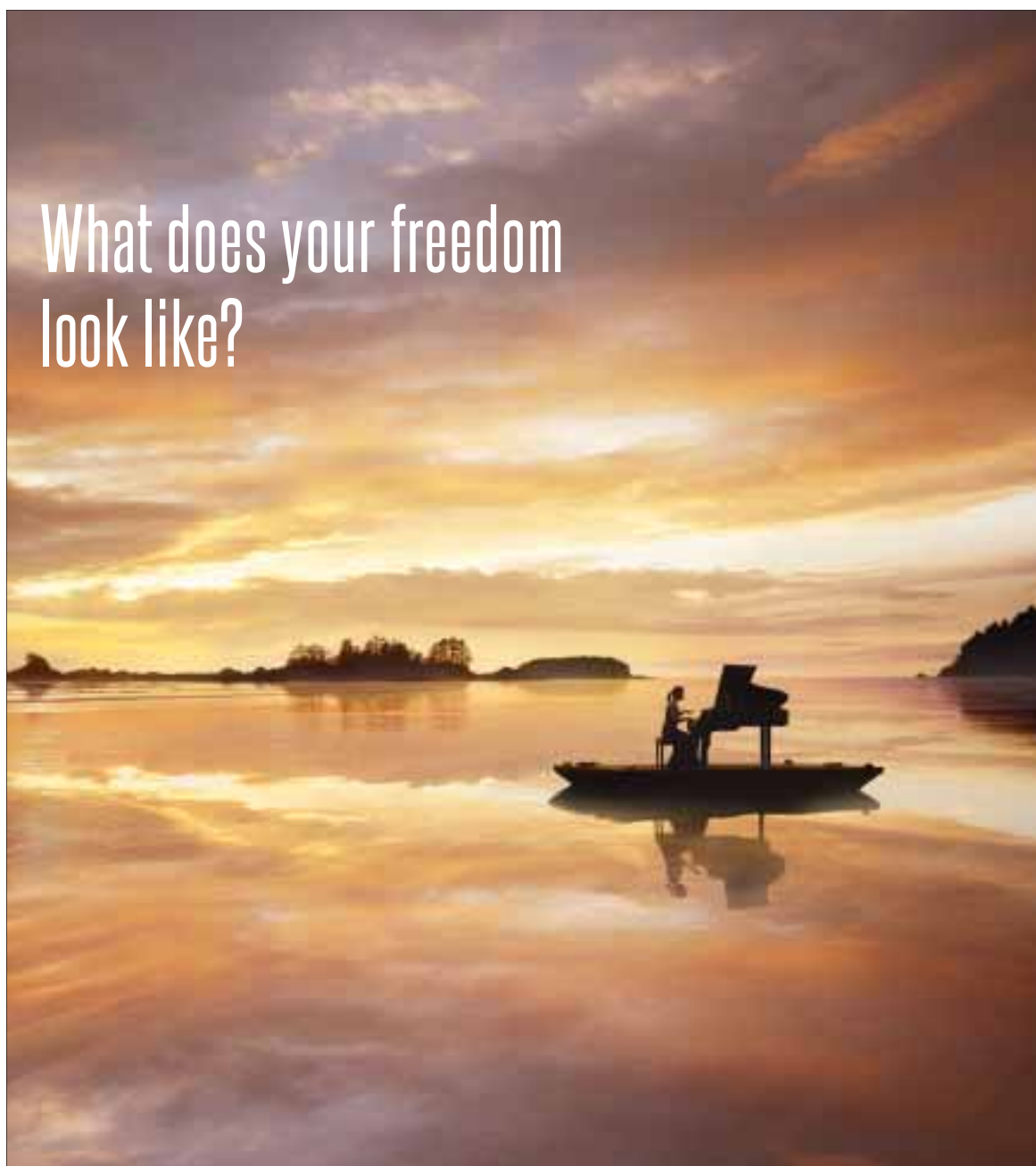
Milos Zeman  
THE ASSOCIATED PRESS

get the promotion.

Though he has said that Martin C. Putna's sexual orientation itself is not an issue, Zeman has largely refused to fully explain his stance, insisting he doesn't want to "humiliate" the candidate "by naming the reasons publicly." But over the weekend, Zeman told Czech public TV that he "does not recognize people aspiring to teach at universities" who attend gay festivals.

THE ASSOCIATED PRESS

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## China. Blast tears through explosives factory killing at least 12, burying others

A massive blast ripped through an explosives factory on Monday in eastern China, killing at least 12 people and leaving others buried in the debris, state media reported.

Rescuers were taking care to avoid setting off additional explosions as they searched the site of the explosion in Shandong province's Caofan township, the China News Service said. The company website said the factory, run by the Baoli group, manufactures 10,000

tons of explosives annually.

The force of the blast flung broken glass, smashed concrete, and other debris as far as 200 metres, reports said. Walls in outlying buildings were flattened and glass shattered.

A total of 34 people were inside the factory at the time of the blast, and survivors were rushed to a hospital. The cause of the blast and condition of those injured were not immediately known.

THE ASSOCIATED PRESS



Rescue workers search the remains of an explosives factory in east China's Shandong province, Monday. THE ASSOCIATED PRESS

# Yahoo buys Tumblr; CEO makes promise not to 'screw it up'

**Social media.** Deal is biggest move of Marissa Mayer's 10-month reign

Yahoo is buying online blogging forum Tumblr for \$1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Mon-

day is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for \$1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each month, Mayer told analysts

Monday that she is "making a sincere promise to not screw it up." David Karp, a high-school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to empower creators," Yahoo said. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS



Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

## Viewing habits. Netflix CEO defies limits of conventional TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi. "People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

THE CANADIAN PRESS

### Arrested Development

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying.... (Seasons) 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!'"

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## Web entrepreneur sues over use of Twitter handle



The Sun Valley logo as it appears on the resort's Twitter account. TWITTER

An Internet entrepreneur and former Wall Street derivatives analyst contends central Idaho's Sun Valley resort and Twitter Inc. heisted his handle.

Leonard Barshack, who in the 1990s founded the Internet email listing service Bigfoot, is suing Twitter and the Sun Valley Co., demanding they return the handle @sunvalley.

Barshack filed the lawsuit in Idaho's 5th District Court with his lawyer and wife, Erin Smith, this month, arguing he began using the Twitter handle in April 2010.

He eventually wanted to use it to promote business in the region, Barshack said, only to have Twitter tell him late last year he was violating the San Francisco-based company's policies against

impersonation.

"One day I woke up, and Twitter had taken my handle away," Barshack said Monday, adding his appeals for Twitter to reconsider have yielded only "boiler plate" responses, forcing him to sue.

"They just came and took my ball away," he said. "That's being a bully."

THE ASSOCIATED PRESS

### China



Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

## Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. It has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand.

The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last months, Coup said.

THE ASSOCIATED PRESS

### U.S. Senate

## Apple uses offshore firms to avoid U.S. taxes, inquiry finds

Apple Inc. employs a group of affiliate companies located outside the United States to avoid paying billions of dollars in U.S. income taxes, a Senate investigation has found.

The world's most valuable company is holding overseas some \$102 billion US of its \$145 billion in cash, and an Irish subsidiary that earned \$22 billion in 2011 paid only \$10 million in taxes, according to the report issued Monday by the Senate Permanent Subcommittee on Investigations.

The strategies Apple uses are legal, and many other multinational corporations use similar tax techniques to avoid paying U.S. income taxes on profits they reap overseas. But Apple uses a unique twist, the report found. The company's tactics raise questions about loopholes in the U.S. tax code, lawmakers say.

Apple CEO Tim Cook, the company's chief financial officer and its tax chief are scheduled to testify and explain the company's tax strategy at a hearing on Tuesday. THE ASSOCIATED PRESS

# WHY CAN'T WE ACCEPT PRAISE?

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

"Your new haircut looks fantastic. 'Seriously? You don't think it's too short? It's definitely too short; I look like a boy.'"

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid \$5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)."

I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening re-

marking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Sky's the limit for this photog



STEPHANE VETTER/TWANNIGHT.ORG

#### Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. **METRO**

#### Q and A

#### 'Make sure to have your feet on the ground and head in the stars'



**STEPHANE VETTER**  
Doctor and amateur photographer, 50

**How did you capture this photo?**  
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four

vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

**What lasting impression should we take from this?**  
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

#### Quoted



"This photo has many winning elements:

The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

#### Click bait



GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smart-phone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

#### Telepathy One

This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

#### Lumus prototype

The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. **METRO**

#### Recon Instruments' Jet

This device is more Robocop-looking than the others, and is targeted to

#### Comments

**RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19**

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the

suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk, tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

**Rudy Haugeneder posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca**

## DVD reviews



### Stories We Tell

Director. Sarah Polley

★★★★

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. *Stories We Tell* isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. *Stories We Tell* is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

### Side Effects

Director. Steven Soderbergh

Stars. Rooney Mara, Jude Law, Channing Tatum

★★★★

On the brink of his announced retirement from filmmaking, Steven Soderbergh goes out with a thriller that ranks amongst his best. It features electric performances by Rooney Mara, Jude Law, Catherine Zeta-Jones and Channing Tatum, and there's almost a documentary focus to the film's medical, legal and ethical themes. The over-prescribing of antidepressants is a concern addressed early on, but the suspenseful opening depiction of a blood-spattered New York apartment kitchen signals this is no mere PSA. Whatever you think before seeing *Side Effects*, you're not likely to think the same afterward.

PETER HOWELL



The Hangover Part III opens this Friday. HANDOUT

# The journey from Dr. Jeong to Mr. Chow

## Fixing funny bones.

Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE

scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in *The Hangover Part III* as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong.

"Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first *Hangover*. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that."

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says.

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work

hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor."

"I was pretty intense and pretty serious."

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'"

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

*The Hangover Part III* is the finale of the series, but

## Quoted

**"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine."**

Ken Jeong on the beginnings of his work in comedy.

Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says.

"The spectrum of imagination on that character is so wide."

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

# Derek Hough's life is anything but routine

**Dancing with the Stars.** Multi-talented performer isn't satisfied to just lace up his dancing shoes — he's always looking for a new challenge

Derek Hough has made it to the finals of the 16th edition of Dancing With the Stars, which wraps Tuesday, but he almost didn't return to the ABC show this season.

"I was gonna sit this season out," Hough said in a recent interview.

"My mom hurt herself and she was in the hospital (but) I had this overwhelming feeling, 'You know what? I feel like this isn't the season I should be taking off. This isn't the one.' Now looking back, I'm really glad I made that decision because it's been one of my favourite seasons as far as creating and working with people."

Besides teaching his celeb partner, country singer Kellie Pickler, how to ballroom dance, he's also performed with a blind dancer and danced in a rotating room.

Hough, 28, pushed for these opportunities to keep challenging himself.

"For me, I like to push myself ... I hate feeling complacent or that I'm not learning," he said.

His sister, Julianne Hough, also a professional dancer, left Dancing With the Stars in 2009 to focus on her music and acting career. She said Derek is "the most talented person" she knows.

"He has an insane ability to create. I don't know what special gifts God gave him, but he can pick up any instrument and self-teach himself. He plays guitar, drums, piano," she said.

"He's one of the most amazing photographers I've ever seen. We'll take the same exact picture in the same exact spot and there's something amazing and beautiful about what he's taken. He's got an incred-

ible voice. He is an amazing actor. I think the sky is the limit for my brother."

Hough said he wants to do everything. "It's such a cliché thing to say," he laughed.

"I want to choreograph, I want to direct, I want to act, I want to write music, I want to play music, I want to sing. For me, it's never-ending. I want to do it all, really."

Hough has won the mirror-ball trophy three times since he joined the show in 2007 (he sat out one season), but said he hasn't always been happy with his performances.

"There've been seasons where I've looked back and maybe been proud of one routine the entire season," he said.

"That bothered me for a while, so that's why a couple seasons ago I started doing my own thing I suppose. I didn't want restrictions and I didn't want to restrict my ideas and choreography and concepts because I was afraid I was gonna get a sev-

## Quoted

**"He has an insane ability to create. I don't know what special gifts God gave him, but he can pick up any instrument and self-teach himself. ... I think the sky is the limit for my brother."**

Julianne Hough on her multi-talented brother Derek.

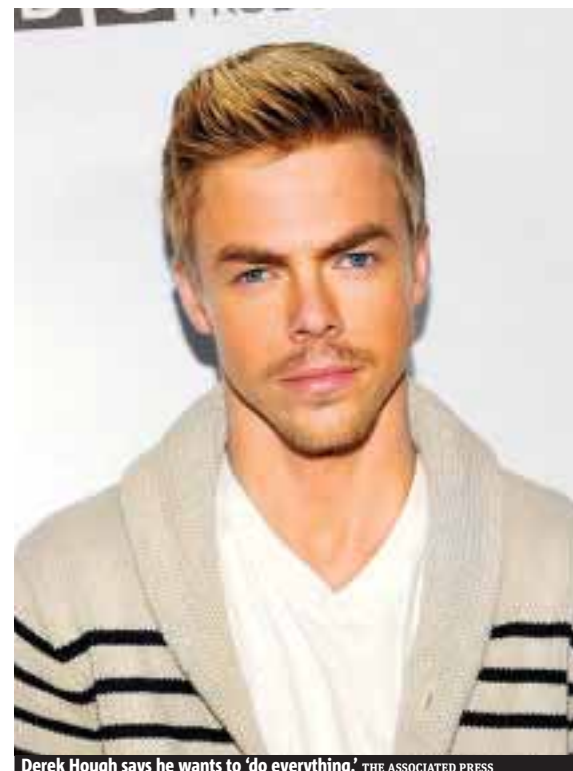
en or an eight or a six" score from the judges.

He decided what mattered most is the dance itself.

"I said, 'You know what? Whatever happens, when the show finishes, the season's over, the judges' comments and the scores disappear, all you're left with are the dances.'"

The season finale of Dancing With the Stars will air at 8 p.m. 9 p.m. EDT Tuesday on ABC.

THE ASSOCIATED PRESS



Derek Hough says he wants to 'do everything.' THE ASSOCIATED PRESS



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Kristen Stewart. ALL PHOTOS GETTY IMAGES

## Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic

the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop Goes the Week

## Walters, wolves and a weight watch? What a week!

STARGAZING  
Malene Arpe  
scene@metronews.ca

**Barbara Walters announces she's retiring.** Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

**Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it.** Well, if anything, that would explain

where Taylor Lautner has been since Twilight ended.

**Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson.** "Whew," say women and people of colour, "we dodged another one."

**Allure Magazine prints Zoe Saldana's weight on the cover.** That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

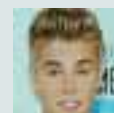
**Demi Lovato says her tour rider calls for incense, pickles and instant ramen.** Add mayonnaise and that's pretty much a list of all the worst things in the world.

## Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

### Twitter



**@justinbieber**  
I love music, my fans, my family, my friends.. And I love The Lord



**@channingtatum**  
"Go where you are celebrated — not tolerated. If they can't see the real value of you, it's time for a new start." — Unknown



**@lenadunham**  
"Under the right circumstances, I'd love to murder someone" — something I'm glad I've never said in an interview



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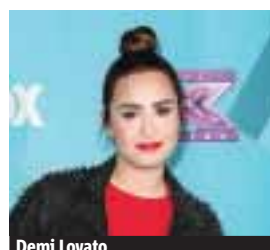


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## Lovato learned lessons in love from Jonas bro



Demi Lovato

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still thinking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," she tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded. But keeping that in mind ... it's a delicate balance." Things between the former Camp Rock co-stars are much better now, too: "We have a great friendship," she says. "And we may not be as close as we used to be, but that's OK."



Winona Ryder

## It may be 'normal hygiene' on set, but Winona hasn't had work done, she says

Winona Ryder is flattered that some people think she's had work done to keep her looking youthful, but the 41-year-old actress insists that plastic surgery — which she says she's "found is normal hygiene now on sets" — isn't for her. "I'm not trying to knock it, but, you know,

I have a little bit of traffic now on my forehead, which I'm, like, very proud of actually," she tells Interview magazine. "It's interesting how people just instinctively are like, 'Oh, maybe you should get something done for that.' And it's like, 'Really?'"

# The Power to Surprise



Birchwood KIA on Regent has grown to become the No. 2 sales volume KIA dealership in Canada.

CONTRIBUTED

## BIRCHWOOD KIA ON REGENT MEETING NEEDS OF INDIVIDUALS

Hip cars with modern features, and an engaging brand have made Kia one of the fastest-rising automobile brands in North America. The Winnipeg dealership Birchwood KIA on Regent, for instance, recorded phenomenal year-over-year growth rates of 56 and 20 per cent in 2011 and 2012, respectively. So far this year, sales are ahead 18 per cent. Headquartered in South Korea, Kia is the fourth-largest automaker in the world, with annual sales of more than 1.4 million vehicles.

The company came to Canada a little more than a decade ago, but has grown quickly and sold more than 77,000 vehicles here in 2012. In fact, sales of Kia vehicles in Canada increased for an incredible 48 months in a row until February 2013. What makes this successful run even more impressive is that Kia Canada hammered its rivals by a huge margin. In 2011, for instance, total sales of new

### DESIGNER HAS INTERNATIONAL ACCLAIM

Innovative design has played a big role in Kia's recent rise, and much of the credit goes to Peter Schreyer, the company's chief design officer. Schreyer earned international acclaim for his work on the Audi TT and Volkswagen's new Beetle before moving to Kia in 2006.

Under his leadership, Kia has established a reputation for quality engineering, fit and finish, along with power and fuel efficiency. Newer vehicles — such as the 2014 Forte — reflect the brand's

design language — a coupe-like roofline and wide stance gives it a sporty, yet sophisticated look.

Schreyer also championed Kia's signature "Tiger Nose" grille, LED lightbar tail lights and the new side door panel accent. Kia's emphasis on design also extends to performance and features — the company's cars are more powerful and better equipped than ever before, enabling them to appeal to the increasingly demanding car-buying public.

vehicles in Canada were up just 1.8 per cent over the year before, while Kia's sales rose by 20.9 per cent.

Forbes.com recently described Kia as a "brand machine" for the way the company

communicates its image through multi-platform campaigns. Kia supported its ad for this year's Superbowl, for instance, with co-ordinated social, mobile and web messaging. According to Forbes,

"KIA brand and social media managers are working together to harness this new megatrend of integrated brand and social marketing."

Two factors ensure the brand's success — vehicles that meet the needs of individual markets and dealers, such as Birchwood on Regent, that provide excellent customer service and support. KIA has built a particularly strong connection with millennials and generation Y buyers in part by incorporating modern digital technologies, such as voice-activated controls, into its vehicles. A more aggressive front-end design with the brand's trademark "Tiger Nose" grille makes KIAs stand out from the crowd. Every aspect of the company reflects the brand's core identities — vibrant, distinctive, reliable. And Kia's slogan "The power to surprise," summarizes the performance of both its vehicles and its brand.

BIRCHWOOD KIA

METRO CUSTOM  
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# The ALL New 2014 KIA Fo

BIRCHWOOD KIA

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The cockpit of the all new 2014 Kia Forte EX is designed with the driver in mind and with an impressive list of controls to engage the technology advanced amenities along with standard comfort and convenience features.

CONTRIBUTED

## TECHNOLOGY PUTS YOU IN DRIVER'S SEAT

From a technological standpoint, automobiles are more advanced than ever before — not just in terms of fuel efficiency and design, but also in terms of convenience and functionality.

The list of recently introduced features includes everything from GPS units and back-up cameras to voice-activated control systems. The 2014 Kia Forte is a prime example of how properly designed and integrated technologies can improve the entire experience of vehicle ownership.

Among the first cars designed for the digital world, the Forte features a system that combines vehicle information, entertainment and special services, and gives drivers several access and control options.

What does this mean for car owners? Imagine using your iPhone to find your car

### BIRCHWOOD A FORCE IN THE COMMUNITY

Support for community-based initiatives has long contributed to the success of Birchwood KIA on Regent. The dealership supports more than 75 events each year, from golf tournaments to dragon boat races to car washes.

According to manager Shayne Rankin, much of the inspiration comes from Birchwood employees.

"We encourage everyone who works here to get involved in local events and, when they do, we're proud to help make the events succeed."

Since 2005, Birchwood employees have raised more than \$1 million for the United Way, for instance. And since 2008, Team Birchwood has raised more than \$100,000 through the annual CancerCare Challenge for Life Walk.

in a crowded parking lot, telling the car stereo to play a specific song, or having the car call 911 automatically when an air bag deploys. And that's just the tip of the

iceberg.

Known as UVO (short for your voice), the Forte system takes a giant step forward by combining a voice-activated hard drive

and touch screen on the instrument panel and linking them to a Bluetooth-enabled telematics module with a free customized application. The system will even monitor vehicle performance, such as transmission wear. The stereo has standard AUX and USB ports to connect with an iPod or phone, along with a built-in charger. The screen displays titles, while controls mounted on the steering wheel put all of this functionality at the driver's fingertips.

Ultimately, the system makes driving and owning a car easier and more elegant. Smart Key technology, for instance, enables the transmitter built into the key fob to signal the car to unlock the doors as you approach the vehicle.

When it comes to vehicle technology, the future is very much now.

# orte is the New Benchmark

## REPUTATION CONTINUES TO GROW

Kia's reputation for quality and value is destined to continue to grow, given the positive reviews the 2014 Forte has earned from a long list of respected, independent organizations. Here are just a few highlights from recent reviews posted to three leading automotive websites:

### EDMUNDS.COM

"The 2014 Kia Forte has plenty to offer in terms of quality and value, and its sharp new look pushes it farther toward the head of the class. But considering its roomy interior, upscale features, strong engines and sharp looks, the 2014 Kia Forte should be an excellent choice for an affordable sedan, coupe or hatchback.

"Far from being an economy car stuffed with gadgets, the new Forte boasts a handsome cabin trimmed in quality materials that, in the upper trim, would give premium compacts a run for their money. As far as the Forte's high-tech features, they're well-designed and easy to use. The touchscreen interface, with its large, logically positioned 'buttons' is one of the best examples of this technology, regardless of segment."



### AUTOGUIDE.COM

"From HID headlights to its beautiful new LED tail lights (which look absolutely stunning when illuminated, you have to see it to believe how nice these are) and everything else in between, the Forte is a stunner in its segment. The

days of feeling embarrassed about driving a Korean compact are far behind us."

### CARANDDRIVER.COM

"One element that does stand out, though, is how quiet this car is in operation. Interior noise was an issue with the

outgoing car, but the engineering team has tamed that gremlin on the new model. Although there's some tire sensitivity — and attendant road noise — on coarse pavement, the general impression is that this latest Forte is among the quietest cars in its class."

BIRCHWOOD KIA

METRO CUSTOM  
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THE ALL NEW 2014 KIA

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# KIA BIRCHWOOD KIA ON REGENT

## Takes Aim at #1 Dealership in Canada

BIRCHWOOD KIA

METRO CUSTOM PUBLISHING

## GOOD VALUE AND GREAT SERVICE

Birchwood KIA on Regent hits well above its weight — although located in Canada's eighth-largest city, the dealership ranks second in the country for total sales.

"There's no doubt that we've turned heads at what we've been able to accomplish out of this small building and small lot," says general manager Shayne Rankin. "But we're determined to keep improving."

According to Rankin, the secret to the dealership's success is relatively simple — good value, great service and a dependable product. Winnipeggers love Kia's mix of quality, durability and value — almost every model in the Kia line has a price point less than \$20,000 and comes fully equipped.

"The Kia wave has been part of our success — the company's brand is incredibly powerful," Rankin says. "But a bigger part is how we do business."

Birchwood takes great pride in meeting and exceeding customer expectations. Along with traditional offerings such as complimentary shuttle service, emer-



CONTRIBUTED

gency roadside assistance and extended shop hours, the dealership has a special offering for air travellers. Through a partnership with AirPark, customers can access indoor VIP parking and get their vehicles serviced while they are out of town. To meet the strong demand for pre-owned Kias, Birchwood stays in touch with customers who buy new cars for several years and often offers them top dollar for their vehicles.

The dealership also maintains close ties with the community through sponsorships and support for charitable events. Birchwood is a major sponsor of the Transcona Hi Neighbour festival later this month and regularly raises money for Cancer Care Manitoba and other charities.

Kia Canada certainly appreciates Birchwood's remarkable sales performance. When automakers release a new

model, they typically distribute only limited numbers to dealerships. Given Birchwood's stellar track record, however, it was able to secure an additional 50 Forte LX Plus models. Rankin then made Kia an offer — if Birchwood could sell 35 Fortes by the end of May, it would get a bonus of another 50 vehicles. Kia sweetened the pot by offering to double the bonus to 100 cars.

"We like challenges," Rankin says.



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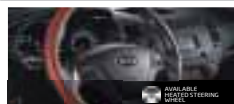
Forte SX shown

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# Fighter gets Fast and Furious

**Interview.** Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA  
MCGUINNESS  
life@metronews.ca

**You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?**

I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

**He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?**

He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

**What do you do to stay in shape?**

I train everyday. I do Muay Thai and Jiu-jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

**All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?**

It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of



Gina Carano can beat you in a fight. Deal with it. HANDOUT

figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

**Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?**

She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever

worked with physically.

**You guys fight a lot in the movie — is it all for real or stunt doubles?**

I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

**You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum**



Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

## Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano  
On how to throw a punch.

**in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?**

He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

**Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?**

You don't know any of my ex-boyfriends. They could

have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

**Do you ever look at people and think, "I could totally kick your butt."**

If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

**Your last professional fight ever. Who would you want to be up against and why?**

The person I lost to: Cyborg. You always want to avenge that.

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**The natural choice for health**

# Sunshine, lollipops and Jenna Ushkowitz

**Interview.** Glee actress writes about optimism, positivity and choosing to be happy, even when life is hard

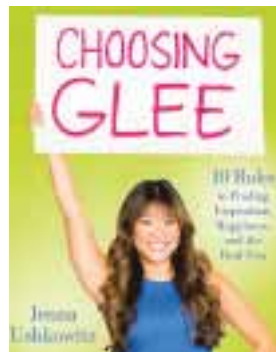
ALEXANDRA  
CAVALLO  
Metro World News

Is happiness something that happens to you, or something that you make happen? If you ask Glee's Jenna Ushkowitz, she'll tell you it's the latter. In fact, she's written a book on finding your own glee through the power of positive thinking.

Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You is part memoir, part self-help tome and all motivational. The book is Ushkowitz's way of giving back.

"I like to think that positivity is a choice, and you wake up and make a conscious decision," says the 27-year-old actress.

And though she admits, "I've never been through any really dark times where I hit rock bottom," she is convinced that her way works. Here, she tells us why we should have a sunnier disposition.



What goes around...

**"Everything happens for a reason. I believe that what you give to the world, the energy that you give to the world, is what you get back. And it will come back to you if you're not good to it."**

Jenna Ushkowitz  
On her personal philosophy on karma

**What's this book about?**

It's 10 rules that I live by. I like to think that positivity is a choice. I wanted to share that with my fans. There are people who feel that they're the victim. You can turn that around, and change your outlook.



Glee's Jenna Ushkowitz wants to motivate you. GETTY IMAGES

**But what about somebody who isn't as fortunate?**

You make it a choice, and every day you wake up and say, "Today I'm going to make the best of every situation and look at every situation with the glass half full." After awhile, it sort of becomes subconscious and a way of life. It's like a diet. People always say, "Oh, I'm going to diet for this amount of time." Well, it's actually a lifestyle change you need to make.

**Can you think of a recent time when you had to make that choice?**

I did a pilot, and it got picked up, and I was all excited. And then I got this phone call that they were going to recast me. The first thing I thought was, "Oh, well I'm not a good actor. I'm fat; I'm ugly; they hate me!" And then you turn around and say, "You know what? It wasn't meant to be." And it turned out that the reason was that I was too young. So I went to my friends and we vegged out and did our thing, it's like a breakup. But then you get over it. I then went on to book Spring Awakening and Glee. So you have to look at it like, I wouldn't have been able to experience those things.

## Best Health



Broccoli sprouts are the new kids on the block. ISTOCK PHOTOS

## New takes on healthy food options



BEST HEALTH  
MINUTE  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Best Health Magazine regularly showcases the health benefits of foods that you might not know a lot about. Here are a few of the latest that registered dietitian Matthew Kadey rounded up in the May issue:

### Black beluga lentils

Green lentils are a great source of fibre, protein and folate. But the black beluga type, which are smaller and have black skin, have anthocyanins — the same potent antioxidant found in blueberries and blackberries. Anthocyanins help stymie free-radical cell damage, offering protection from diseases such as

cancer and heart disease.

### Quinoa flakes

Similar to quick-cook oats, quinoa flakes cook in boiling water in just a couple of minutes. They are faster cooking than quinoa; the flakes are made by passing quinoa through rollers to flatten them. Billed as a super-food and a complete protein, quinoa has a range of benefits including iron, phosphorus, folate and magnesium. And, it's high in fibre.

### Broccoli sprouts

You've heard of alfalfa sprouts, which are great for you, but there's a new kid in town. Broccoli sprouts, which are very young broccoli plants, contain up to 100 times more of the phytonutrient sulforaphane than broccoli does. This has been shown to have strong cancer-preventing effects.

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Time is of the essence. Get any damaged veins seen sooner than later. ISTOCK PHOTOS

# Varicose veins be gone — as painlessly as possible

**Treatments.** Getting them dealt with quickly is paramount, as other problems can develop over time

**LINDA CLARKE**  
Metro World News in Boston

It's springtime and thoughts are turning to wearing shorts and baring legs — which can mean anguish for women with varicose veins.

"When spring comes, we get busier. Everyone wants them gone before summer," says Dr. Luis Navarro, director of The Vein Treatment Center in New York and author of No More Varicose Veins. "The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling, pigmentation or thrombosis."

The good news is that treat-

ing varicose veins is now far less painful than in previous years, and it comes with less downtime. We asked Dr. Navarro to tell us about the different treatment options.

## Painless sclerotherapy

"Sclerotherapy can involve up to 200 injections in three sessions. It can be done in a day, or it can also be done in multiple visits. We numb with ice and pressure to overload sensory fibres, so the patient doesn't feel pain. Then we inject a chemical compound, which collapses the vein."

## Foam sclerotherapy

"This is a stronger compound and used for deeper, bigger veins. The foam needs to be used with care and the person performing the operation needs to know when to use liquid or foam — or a combination of both. It's harder to control than liquid."

## Endovenous laser ablation

## Some veiny truths

**"Everyone wants them (veins) gone before summer. The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling ... or thrombosis."**

Dr. Luis Navarro

"This uses modern laser to weld the main vein shut and then we use a needle to remove it — that's called phlebectomy. There are no stitches. We use an anesthetic and you don't know it's being done. It can take as little as 35 minutes."

## Ligation and stripping

"This is traditional surgery, which is done in a hospital under a general anesthetic. Thirty years ago, it was

## Questions

What are varicose veins, and what about telangiectasias (spider veins)? Navarro explains what causes them.

- Quote.** "Varicose veins are the big, ropey looking veins and are a blue or greenish colour. Spider veins are reddish-purple and look like little lines. A lot of people have both. Fifty per cent of adults have some degree of varicose veins by age 50, and 70 per cent have them by age 70. They increase through life. Pregnancy can cause them, but the biggest factor is them being hereditary."

the only option. It involves multiple cuts to allow for the surgeon to perform the phlebectomy."

# A new to approach gluten-free lifestyle

**Health.** Dr. Arthur Agatston, who created the South Beach Diet, thinks that gluten allergies are under-diagnosed

**LINDA CLARKE**  
Metro World News

The gluten-free trend continues to rise, recruiting legions onto the no-wheat

bandwagon. But now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored The South Beach Diet, has followed up with South Beach Diet Gluten Solution. The book isn't just for people diagnosed with gluten intolerance (celiac disease), he says — it's for everyone.

"I think everyone is on the gluten-sensitive spectrum to some degree," says Agatston. "I am convinced it is the most

## Think gluten-free

**"I think everyone is on the gluten-sensitive spectrum."**

Dr. Arthur Agatston  
Author of The South Beach Diet Solution

under-diagnosed medical condition of our time."

Gluten is a protein found in highest concentration in wheat. Some grains like quinoa or oats have none.

Gluten can damage the small intestine, which is where nutrients from food are absorbed.

"If gluten is not properly digested, it begins to poke holes in the lining and harms the small intestine," says Agatston.

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... Most of us need to be gluten-aware and restrict ourselves."

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**Together we can help all kids play**



# Picnic pick: Pesto Potato Salad



This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)



**ROSE REISMAN**  
for more, visit  
rosereisman.com or follow  
her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbecued items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large

## Ingredients

- 2 lb scrubbed whole red potatoes with skins on

## Pesto

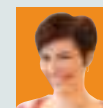
- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

## Health Solutions

### Up in the spring ramp



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @\$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**



## Veggies balance ooey, gooey cheese texture

1. Heat the oven to 350 F.

2. In bowl, toss diced avocado with lime juice and a bit of salt and pepper. Set aside.

3. In skillet over medium-high, heat 2 teaspoons of oil. Add onion, bell pepper and pinch of salt, then sauté until golden at edges, about 5 minutes. Add garlic and cook, stirring, 30 seconds. Transfer mix to bowl.

## Ingredients

- 1 firm ripe avocado, diced
- 1 tbsp lime juice
- Kosher salt and black pepper
- 4 tsp vegetable oil, divided
- 1/2 cup chopped onion
- 1/2 cup chopped red or green bell pepper (or a mix)
- 1 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1/2 fresh jalapeno, finely chopped
- 2 oz coarsely grated sharp cheddar cheese
- Four 8-inch flour tortillas, preferably whole wheat
- Nonfat plain Greek yogurt
- 1/4 cup chopped cilantro



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Add remaining 2 teaspoons of oil to skillet with mushrooms and pinch of salt. Reduce heat to medium and sauté until liquid mushrooms give off has evaporated, about 7 minutes. Transfer mushrooms to bowl with onions and peppers. Add to jalapeno, cheese and bit of salt and pepper. Mix well.

5. Wipe out skillet with paper towel. Coat with cooking spray.

6. Set 2 tortillas flat on counter. Divide onion-pepper mix be-

tween them. Press second tortilla firmly over each.

7. Heat skillet over medium. Add one quesadilla and toast about 2 minutes per side. Transfer to baking sheet. Repeat with second quesadilla, placing on baking sheet when toasted. Bake 5 minutes. Cut each quesadilla into quarters, then divide between 4 plates. Top each with avocado, yogurt and cilantro. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

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This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

# Tips to turn the first date into many more

**Dating coach.** Advice from Amber Madison, a Manhattan-based relationship expert and the author of *Are All Guys A-holes?*

## Don't talk only (or mostly) about yourself

So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person ... which, you know, is sort of what the date is about.

## Don't be difficult to pin down

If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

## Don't go out to dinner

First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner (or even drinks) plan an activity date.

## Ask job interview questions

The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living ... all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date

to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an overpriced breakfast. Really have a conversation together, don't just take turns reciting your resumé.

## Don't start planning your wedding

So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.

METRO

# Unhappy campers recall tears, hives and bad food

**Sleepaway.** Most kids wait all year for summer camp — some just wait for it to end

When the school year ends a few weeks from now, millions of kids will head off to sleepaway camp for a summer filled with colour wars, kayaking and bunk life. Most will have a great time, some will make friends for life, and many will look back on the experience fondly.

But amid these happy campers is another group of veterans who recall sleepaway camp quite differently. These were the kids who cried everyday and sent letters home begging to be picked up. They were lonesome, miserable, bullied; hated the bugs, hated the pool. Many refused to ever go back, and decades later, they can recall their suffering in visceral detail — from poison ivy to wretched food.

"Oh did I hate overnight camp," recalled Lauren Russ, 43, who lives in Chicago. "I



She's not having fun. Maybe it's the food? ISTOCK IMAGES

cried everyday and wrote two letters home a day asking my parents to come get me."

Russ' mom and dad saved those notes and even read some of them aloud at her wedding shower 10 years ago. "I got another letter from you," reads one of the heart-wrenching lines in Russ' schoolgirl's script. "Every time I get a letter I cry and become very homesick."

What was so bad about camp? Let Russ count the ways: "I'll never forget the first night I had to sleep in a tent. I hated the public showers, I hated sharing a room with several other girls, I hated the anxiety of

packing and saying goodbye."

For Kelsey Tomascheski, 48, of Santa Clara, Calif., camp memories centre on bad food. "I will admit that I was a picky eater, but the problem was more on quality," said Tomascheski. "I could only handle so many bland spaghetti feeds, too-salty chicken strips, and soggy fries. Usually halfway through the week I gave up and only ate PB&J at all three meals."

Some unhappy campers hated bunk life. "It was dirty," recalled Gerry Cotten, 25, a website developer in Toronto. "I was always into computers, and some sort of computer camp probably would have been fun, but sleeping in an ancient, old wooden cabin, with disgusting washrooms a five-minute walk away, wasn't really appealing."

The great outdoors didn't hold much charm either: "Taking a dip in the lake each morning instead of having a shower wasn't really for me. They called it the Polar Dip." THE ASSOCIATED PRESS

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# WEALTH OF TALENT AND PASSION

## STUDY FINDS THAT BUSINESSES ARE KEEN ON HIRING SUMMER STUDENTS

According to a recent BMO Bank of Montreal survey, half (51 per cent) of Canadian businesses are planning to hire students or recent graduates this year.

"We've seen more companies investing in employee training and development — in conjunction with creating long-term plans — which will help business owners ensure they have a supply of talented employees who are prepared to drive performance," said Steve Murphy, senior vice-president, commercial banking, BMO Bank of Montreal.

One-third (30 per cent) of employers plan to take on a paid summer student, the survey found, while one-in-five (21 per cent) plan to hire a recent graduate as


ISTOCKPHOTO/THINKSTOCK

a permanent employee.

Murphy added that since many students are currently looking for summer employment it's encouraging to see so many Canadian companies with a notice-

able appetite to hire students or recent graduates.

"These organizations recognize that this group of Canadians bring a wealth of talent and passion into the workforce."

The survey found that business/financial (37 per cent), retail (25 per cent) and construction (22 per cent) companies are the most likely to hire a recent graduate as a paid intern.

The service and manufacturing sectors are the most likely (35 per cent) to hire a paid summer student, followed by the agricultural sector (34 per cent)

Employers in the manufacturing industry are the most likely (25 per cent) to hire a recent graduate as a permanent employee, followed by the services (24 per cent) and retail and business/financial (23 per cent) industries

"Students and recent graduates are brimming with ideas and fresh perspectives that add value for our customers and our business," said Lynn Roger, chief talent Officer, BMO Financial Group. "When they start their career at BMO — through a summer job or a more permanent role — they bring ambition and excitement, and we offer opportunities to grow in ways that are important to them, in a culture where they can truly meet their goals."

## *Patal. A different school of thought*



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## HANDS-ON EXPERIENCE

### OFFERED AT PATAL

Patal Vocational School would like to thank everyone that has phoned and brought in computers for repair. Having new customers for its students has given the school the hands-on experience that is needed to gain experience required for this industry.

The students have learned much more than computer repair skills — customer service, teamwork, administrative skills to set up the appropriate paperwork to receive computers and record the assessment of the problem, and setting up a computer repair shop in the school's new location at 319 Elgin Ave.

Patal's students have the capacity to service more computers. The school has students who are very skilled at gaming, so any gaming systems that need repair or any donation of a system would be beneficial to furthering their training.

Patal would thank the Siloam Mission for the committed service award at Siloam's annual volunteer appreciation event. Patal's culinary arts students provide the food services for the Madison Lodge, owned and


PATAL VOCATIONAL SCHOOL PHOTO

operated by Siloam Mission.

Patal chef Steven Watson and baking instructor Doreen Knoedler provide instruction and direction for the meals and desserts served at the Madison. Patal has logged 17,252 volunteer hours at the Madison.

# PREPARING STUDENTS FOR IMPORTANT ROLES

## HERZING COLLEGE

The clinical office assistant plays a vital role in any medical office setting since they perform routine administrative and clinical tasks to keep offices running smoothly.

At Herzing College, the clinic office assistant program will prepare students to step into this important role.

Luba Krywonizka, instructor of the clinic office assistant program at Herzing College, says most people think of the program as medical assisting. Students will also learn how to assist doctors in procedures that may be performed in the office.

Graduates may go on to work in a variety of medical settings such as hospitals, medical offices, chiropractic offices, and many more.

One of the key elements to this program is learning the electronic medical

record system.

As many medical offices in Manitoba are phasing out the old paper system, it is increasingly more important for students in this profession to familiarize themselves with the new technology of keeping track of patient history.

The clinic office assistant program runs for nine months, with eight months in class and one month of work placement.

"We help find students work placements that are best suited to the students," Krywonizka says. "We seek out placements for them based on their interests, strengths and where we think they will be successful."

Herzing offer three intakes per year for this program, with the next being May 27.

Graduates of this program boast a 85 to 90 per cent employment rate within six months of completion, according to Krywonizka.

"Some of our students are hired right out of their internships," Krywonizka



HERZING COLLEGE PHOTO

says. "Students walk out of this program with a huge amount of knowledge and they are employable right away."

For those students who are looking to maintain part-time employment while in school, Herzing makes this easy to do so.

"We take into account that many of our students have other life commitments

and we will work around these types of things to make sure they are successful," Krywonizka says.

To make scheduling easier on students, this program is offered from Monday to Thursday, five hours per day.

To learn more about this program, visit [herzing.ca/winnipeg](http://herzing.ca/winnipeg).

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# GAIN KNOWLEDGE IN VARIOUS ROLES

## RED RIVER COLLEGE

After spending more than five years as an elementary school teacher in the Philippines, Arianne Lumbera's passion for working with kids still remains strong since moving to Canada in 2011.

Once she arrived in Canada, she sought out ways to continue to work in the field that she loves so much. This is when she found the youth recreation activity worker program at Red River College.

"I began this program because I needed to gain more knowledge on how to handle children in a different cultural setting," Lumbera says. "Right now, my goal is to work in community services before pursuing my education further."

This program provides an opportunity for young people who have experienced employment barriers to gain the knowledge and skills to provide healthy recreational activities as they work with inner city youth.

Upon completion of this program at the end of May, Lumbera is excited to

start her work at a wading pool for the summer.

The youth recreation activity worker program is run in partnership with the Winnipeg Boys and Girls Club.

"The partnership with the Winnipeg Boys and Girls Club means students are engaged with the employer right from the point when they apply to enter the program," says Gail Mireau, program manager community service and education, School of Continuing Education at Red River College. "The program is designed to provide support to students who may otherwise struggle with the transition to college."

The life skills component in this program teaches students the essential skills required in any job and the practicum provides the students with more than 400 hours of on-the-job experience.

Graduates who wish to continue their education are eligible to ladder into the second year of the child and youth care diploma program at Red River College.

For more information about this program, visit [rrc.mb.ca](http://rrc.mb.ca).



RED RIVER COLLEGE PHOTO



# Congratulations class of 2013!

**We celebrate your many accomplishments and achievements,  
and wish you continued success in your future!**

# TRAINING FUTURE BUSINESS PEOPLE

## EXPLORE STRATEGIES AT WINNIPEG TECH

Prepare for a career in international business through the post-graduate certificate in international business (PGIB) offered at Winnipeg Technical College.

This program trains up-and-coming trade practitioners how to have a successful career in international business by exploring the strategies needed to establish an enduring global presence.

"Global competition has altered the cultural context in which business occurs, increasing the demand for highly skilled professionals in international business," says Nicole Hamilton, academic project manager and consultant, Winnipeg Technical College.

"This programs allows students to graduate with more than one credential, which can provide them with a discernible edge when seeking employment in this

highly competitive market."

By using project-based learning and a case study approach, students will be exposed to a wealth of topics related to international business, confront some of the dynamic issues and challenges of international business and master strategies to establish an enduring global presence.

"The program will broaden their knowledge, skills and appreciation of the histories, customs, and cultures that affect business activities when dealing with other countries," Hamilton says.

Throughout the program, students will have opportunities to connect with employers, explore different career opportunities and plan for their job advancement.

Winnipeg Technical College has partnered with the Forum for Inter-



ISTOCKPHOTO/THINKSTOCK

national Trade Training (FITT), a centre of excellence for trade accreditation, to deliver this 12-month, multi-credentialed certificate.

The program consists of 14 courses, two seminars and an eight-week work placement and can be completed in 12 months.

Students who successfully complete this program will receive the post-gradu-

ate certificate in international business from WTC, and the diploma in international trade from FITT.

Students will also be eligible to write the exam to obtain their certified international trade professional designation from FITT, the only professional trade designation of its kind.

For more information about this program, visit [wtc.mb.ca](http://wtc.mb.ca).





## Winnipeg Technical College

## Post-Graduate Certificate in International Business

**REGISTER NOW for classes starting SEPTEMBER 2013**

Winnipeg Technical College (WTC) and the Forum for International Trade Training (FITT), a center of excellence for trade accreditation, have partnered and are now providing the Post Graduate Certificate in International Business which will prepare up and coming trade practitioners for a successful career in International Business. This 12 month, multi-credentialed program explores the strategies needed to establish an enduring global presence, provides a work practicum and yields recognized credentials in trade.



**[wtc.mb.ca](http://wtc.mb.ca)  
204.989.6500**

# PACE PROGRAMS FIT IN YOUR SCHEDULE

For those looking to further their education or careers without giving up their day jobs, it may be time to look into one of the many professional studies programs available at the University of Winnipeg.

Offered through PACE (Professional, Applied, and Continuing Education), these programs are targeted towards working professionals who are committed to 9 to 5 employment.

"We really meet the needs of the adult

learner," says Ashlie Wilson, program co-ordinator for part-time studies in the professional studies area, PACE.

"Our programs are very flexible to fit in the schedule of the working professional."

Wilson says many of the students who enrol in one of these programs are generally looking to take the next step in their professional career, whether through a promotion or career change.

Some of the fields of study include human resources, public relations, marketing, and many more.

Aside from the knowledge gained through the programs, Wilson adds that these programs are also a great opportunity to network with other classmates and professionals in the field.

For more about the professional studies programs available, visit [pace.uwinnipegcourses.ca/part-time-programs](http://pace.uwinnipegcourses.ca/part-time-programs).



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ROBERTSON COLLEGE PHOTO

## PREPARE FOR CAREER IN LAW AT ROBERTSON

The legal administrative assistant program at Robertson College prepares students to work in an exciting career in law.

"Legal assistants are an essential part of law firms and legal departments everywhere," says Vijay Chintamaneni, campus director of Robertson College Winnipeg.

"They play an integral role in preparing legal documents, legal transcription, maintaining records and files and conducting research to support lawyers or

other professionals. A lawyer cannot afford to be unprepared in a courtroom, and legal assistants are essential to preventing that from happening."

Students of this program will be introduced to Canadian law and the legal profession with emphasis on corporate and commercial law, will and estates law, family law, civil litigation and real estate law, to name a few.

Throughout the program students will develop skills in legal terminology, bill-

ing and office procedures, and computer skills.

"The future for legal assistants is bright since it is a specialized program designed to train students in key areas of law offices or legal departments of companies," Chintamaneni says.

Students enrolling for the June start of this program will be job ready in less than nine months.

For more information about this program, visit [robertsoncollege.com](http://robertsoncollege.com).

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or call 204.800.7933

# WELLINGTON WILL HELP YOU SUCCEED

Student success is among the top priorities at Wellington College.

According to Randy Ellingson, founder and principal of Wellington College, they have a number of systems in place to assist students who are struggling with any aspect of student life.

“We do everything we can to help our students succeed once they have met the entrance requirements,” Ellingson says. “If you are not supplying the workforce with successful students, you are not succeeding as a school.”

As one of the leading massage schools in Canada, Wellington College produces some of the best massage therapists in Manitoba and the success of these students is paramount to the school.

Ellingson says the school first tries to analyze what type of learner the student is so they can adapt learning methods. From there, instructors and staff discuss how to best tailor the education to that student’s learning style.

Even when it comes to exams, they are able to adjust the formats to best highlight the level of understanding each student



has to the subject matter.

To study for those exams, Wellington enlists past students to tutor struggling students, or help students who are just looking to get a firm grasp on the course material. And the cost of the tutoring is picked up by the school, not the students.

If the problem stems from more than just course load or learning challenges, counselling is also offered to students

## INFO SESSIONS

To find out if Wellington College is right for you, attend one of the monthly information sessions. Meet current students, staff and tour the facility to learn more about what Wellington College has to offer.

To attend an information session or book a tour of the facility, contact [info@wellingtoncollege.com](mailto:info@wellingtoncollege.com) or call 204-957-2402.

who may be in need.

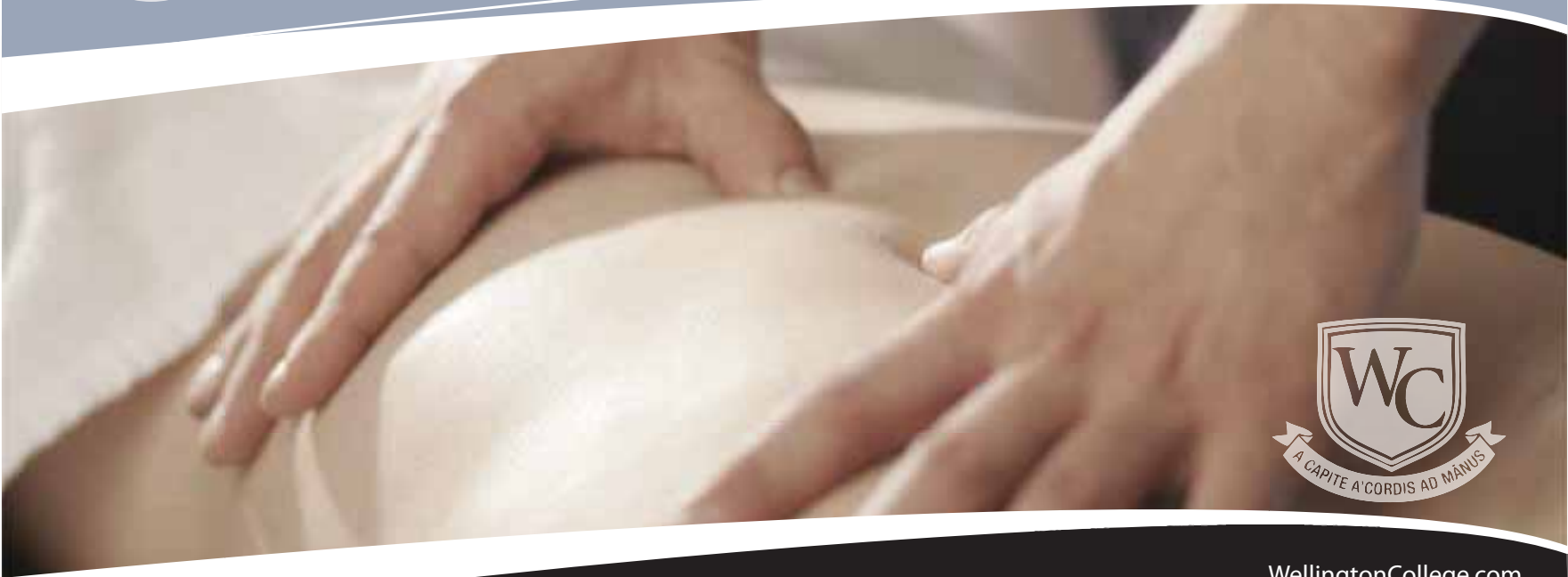
Ellingson adds that students are able to choose their own stream of study best suited to their personal interests and strengths.

Wellington College offers remedial massage therapy on a full-time basis, or basic remedial massage, and advanced remedial massage therapy, through distance learning.

For more information about Wellington College, visit [wellingtoncollege.com](http://wellingtoncollege.com).



Build a future with your hands.  
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# New rules for authorized credit card users



Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

**Alison on money.** Putting a cap on monthly spending helpful for parents of students



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something.

But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for

graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a

## In numbers

# 73.9

There are 73.9 million Visa and MasterCard cards alone in circulation in Canada.

budget.

But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending.

But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



# Five life insurance myths debunked

**Misconceptions.** Trying to understand all the different options and benefits can sometimes mean sifting through all the associated myths

Life insurance is not a simple product.

To help set the record straight and help you make

the appropriate choice for you and your family, RBC Insurance debunks the top five most common misconceptions:

**My insurance needs are covered through my work coverage**

Group life insurance plans typically only provide limited coverage and the insurance often ends when you change jobs. It's important to understand your coverage and fill

in any gaps.

**My investment can be put to better use elsewhere**

Many life insurance policies provide protection for your loved ones along with a tax-sheltered investment option that can grow your money.

**You only need life insurance if you work full-time or earn a high income**

Regardless of your income or employment status, if

you have dependents, for example, you'll need to cover childcare and housekeeping costs in a parent's absence.

**Life insurance is too expensive**

Life insurance can be cost-effective. A 10-year term

policy, with a death benefit of \$250,000, for a healthy 45-year-old Canadian male non-smoker would cost about \$28 per month. A similar policy, with a death benefit of \$200,000 for a healthy 35-year-old female non-smoker would cost \$15 per month.

**I don't need it because I have no dependents**

Life insurance can help protect your partner from struggling with a single income and ensure your debts are paid, which is important whether you do or don't have children. **NEWS CANADA**

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**Life Insurance Application Form**

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CFL

## Bombers season-ticket pickup starting soon

Are you ready for some football?

Winnipeg Blue Bombers season-ticket holders can pick up their tickets — and test out their new seats at Investors Group Field — starting May 29.

"While in the stadium, we invite our season-ticket holders to walk the concourse, sit in their seats and get a first-hand feel for all that Investors Group Field will have to offer when it opens," said Bomber president and CEO Garth Buchko in a release Monday.

Fans have until June 9 to pick up their season tickets at the Bomber Store at the new stadium.

Single-game ticket sales start June 1.

METRO

NFL

## Te'o being kept away from media

The San Diego Chargers are keeping Manti Te'o off-limits to the media — for now.

The star linebacker was barred from speaking with reporters at the Chargers' second open session of organized team activities.

That doesn't mean Te'o isn't out and about.

Maxim confirmed Monday that Te'o attended a party last week in Hollywood after the magazine included his fake girlfriend on its list of the world's hottest women.

THE ASSOCIATED PRESS



Red Wings goalie Jimmy Howard stops a shot from Blackhawks forward Viktor Stalberg as defenceman Carlo Colaiacovo gives chase on Monday night in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

# Wings take control of series in Detroit

## NHL playoffs.

Blackhawks suffer first two-game losing streak in nearly two months

Gustav Nyquist and Drew Miller scored 31 seconds apart midway through the second period and Pavel Datsyuk restored a two-goal lead in the third to help the Detroit Red Wings beat the Chicago Blackhawks 3-1 Monday night to take a 2-1 lead in the second-round series.

Patrick Kane scored 4:35

### Game 3

3

Red Wings

1

Blackhawks

into the third period to pull Chicago within one. The Blackhawks celebrated as if they tied the game about a minute later, but Andrew Shaw's goal was waved off because he was in the crease.

Datsyuk's goal 6:46 into

the final period gave the Red Wings a 3-1 lead.

The seventh-seeded Red Wings have a shot to put the top-seeded Blackhawks on the brink of elimination Thursday night in Game 4.

Detroit's Jimmy Howard made 39 saves and Corey Crawford stopped 27 shots.

Chicago has lost consecutive games for the first time in nearly two months.

The Blackhawks began the lockout-shortened season by setting an NHL record with at least a point in their first 24 games, ended it with a league-high 77 points and avoided

having a three-game losing streak during the 48-game campaign.

After a scoreless first period in a hot and steamy Joe Louis Arena, Detroit took a 2-0 lead with a pretty goal and a gritty one.

Nyquist patiently carried the puck from right to left and waited for defenceman Brent Seabrook and Crawford to sprawl out to make a shot before shooting the puck.

Miller crashed the net to stuff the puck in after Patrick Eaves got to his own rebound to keep pressure on Crawford.

THE ASSOCIATED PRESS

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DEALER #1421

# Dickey helps Jays deliver a Victoria Day victory



Blue Jays first baseman Edwin Encarnacion hits a seventh-inning, three-run double on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

**MLB.** Knuckleballer throws eight innings and Jays offence cashes in on Lueke's walks to top AL East-rival Rays

R.A. Dickey and the Jays found the win column, notching a valuable victory against an American League East opponent, but remain very much a work in progress.

Toronto needed Tampa Bay to help its cause on Monday, with Rays reliever Josh Lueke walking four — one intentionally — in an ugly seventh inning that propelled the Jays to a 7-5 win in a sun-splashed Victoria Day matinee.

Dickey (4-5) scattered four hits over a season-high eight innings, striking out five and walking four. The 38-year-old, who has suffered neck and back issues, says he has a ways to go yet — both with his health and

knuckleball.

"It's still pretty inconsistent. I'm still walking more guys than I hope to, which is causing my pitch counts to be higher," said Dickey, who had ice on his right knee after the game. "That should have been a game where my pitch count should have been around 100 pitches after eight (innings) and I went 120-something."

"But you've just got to keep grinding it out. I've felt like I've been stuck in a quagmire for the last week, two weeks. So it's nice to feel like you've got at least one foot out of it."

Edwin Encarnacion provided the key offence, with a three-run double in the seventh.

Lueke (0-1) has only himself to blame after walking Emilio Bonifacio, Munenori Kawasaki and Jose Bautista with the game knotted at 3-3. Encarnacion, who has reached base safely in 22 of his last 25 games, then slammed a swerving ball into left field to clear the bases.

THE CANADIAN PRESS

# Winterhawks prevail over Knights in 3rd frame

They made it interesting but the London Knights couldn't pull it out.

After roaring back from a 3-0 second-period deficit, the Knights couldn't complete the comeback and fell 6-3 to a powerhouse Portland Winterhawks at the Credit Union Centre on Monday night.

The Knights came out of the gate sluggish and the Western Hockey League champions, who were coming off a surprising 7-4 loss to the Halifax Mooseheads, made them pay. Ty Rattie's beautiful backhand deke gave Portland a 3-0 lead 10:23 into the second frame.

That's when London finally woke up, and 14 seconds later Knights forward Scott Harrington started the comeback and Alex Broadhurst and Bo Horvat scored to tie the contest at 1:38 of the final frame.

But Portland finally pushed back with three goals to put the game away and chase Knights netminder Anthony Stolarz from the game.

The Knights, who boast a record of (1-1), will finish the round robin against the



Knights forward Seth Griffith knocks Winterhawks goaltender Mac Carruth's net off Monday night in Saskatoon. LIAM RICHARDS/THE CANADIAN PRESS

Mooseheads on Tuesday.

Rattie led Portland with two goals while Taylor Leier, Oliver Bjorkstrand, Derrick

Pouliot and Chase De Leo rounded out the scoring for the Winterhawks.

ANDREW RANKIN/METRO IN SASKATOON

## NBA playoffs

### West expected back for Heat-Pacers Game 1

Pacers forward David West is expected to play Game 1 of the Eastern Conference final at Miami, despite an injured right leg.

Team doctors held West out of Monday's practice with what coach Frank Vogel described as a calf strain or lower-leg strain. He did shoot around with his teammates after practice ended. Vogel said doctors thought it would be best to give West a day off.

Indiana is making its first conference finals appearance since 2004.

THE ASSOCIATED PRESS



Pacers power forward David West GETTY IMAGES

## Bobcats bounced

### Buzz around NBA is Charlotte will be Hornets again

A person familiar with the situation says Charlotte Bobcats owner Michael Jordan is changing his team's name to the Hornets.

The person says Jordan will detail the timetable for the change to be completed at a press conference the Bobcats have scheduled for Tuesday. The person spoke to The Associated Press on Monday on condition of anonymity because the name change has not been publicly announced.

Charlotte could once again become the Hornets by the 2014-15 season.

The Hornets resided in Charlotte from 1988-2002 before then-owner George Shinn moved the franchise to New Orleans. The New Orleans Hornets recently changed their name to the Pelicans.

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## NHL PLAYOFFS

### CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh leads 2-1)

Sunday's result

Ottawa 2 Pittsburgh 1 (20T)

Wednesday's game

Pittsburgh at Ottawa, 7:30 p.m.

##### BOSTON (4) VS. N.Y. RANGERS (6)

(Boston leads 2-0)

Sunday's result

Boston 5 NY Rangers 2

Tuesday's game

Boston at NY Rangers, 7:30 p.m.

#### WESTERN CONFERENCE

##### CHICAGO (1) VS. DETROIT (7)

(Detroit leads 2-1)

Monday's result

Detroit 3 Chicago 1

Thursday's game

Chicago at Detroit, 8 p.m.

##### LOS ANGELES (5) VS. SAN JOSE (6)

(Los Angeles leads 2-1)

Tuesday's game

Los Angeles at San Jose, 10 p.m.

Thursday's game

San Jose at Los Angeles, 10:30 p.m.

## NBA PLAYOFFS

### CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### MIAMI (1) VS INDIANA (3)

Monday's game

Indiana at Miami, 8:30 p.m.

#### WESTERN CONFERENCE

##### SAN ANTONIO (1) VS MEMPHIS (5)

(San Antonio leads 1-0)

Sunday's result

San Antonio 105 Memphis 83

Tuesday's game

Memphis at San Antonio, 9 p.m.

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
New York	27	16	.628	—
Boston	27	17	.614	½
Baltimore	23	20	.535	4
Tampa Bay	23	21	.523	4½
Toronto	18	26	.409	9½

#### CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	17	.605	—
Detroit	23	19	.548	2½
Kansas City	20	20	.500	4½
Chicago	19	23	.452	6½
Minnesota	18	23	.439	7

#### WEST DIVISION

	W	L	Pct	GB
Texas	29	15	.659	—
Oakland	23	22	.511	6½
Seattle	20	25	.444	9½
Los Angeles	17	27	.386	12
Houston	12	32	.273	17

#### Monday's results

Toronto 7 Tampa Bay 5

Cleveland 10 Seattle 8 (10 inn.)

N.Y. Yankees at Baltimore

Oakland at Texas

Boston at Chicago White Sox

Kansas City at Houston

#### Sunday's results

Toronto at N.Y. Yankees, ppd.

Texas 11 Detroit 8

L.A. Angels 6 Chicago White Sox 2

Oakland 4 Kansas City 3

Tampa Bay 3 Baltimore 1

Cleveland 6 Seattle 0

Boston 5 Minnesota 1

#### Tuesday's games — All times Eastern

Detroit (Scherzer 5-0) at Cleveland

(Kluber 3-2), 7:05 p.m.

N.Y. Yankees (Hughes 2-3) at Baltimore

(Gonzalez 2-2), 7:05 p.m.

Tampa Bay (Cobb 4-2) at Toronto (Ortiz

1-1), 7:07 p.m.

Oakland (Strally 1-2) at Texas (Darvish

7-1), 8:05 p.m.

Boston (Doubtrun 3-1) at Chicago White

Sox (Quintana 2-1), 8:10 p.m.

Kansas City (Davis 3-3) at Houston (Norris

4-4), 8:10 p.m.

Seattle (Harang 1-4) at L.A. Angels (Wil-

liams 2-1), 10:05 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	26	18	.591	—
Washington	23	21	.523	3
Philadelphia	21	24	.467	5½
New York	17	24	.415	7½
Miami	13	32	.289	13½

#### CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	28	15	.651	—
Cincinnati	26	18	.591	2½
Pittsburgh	26	18	.591	2½
Chicago	18	25	.419	10
Milwaukee	17	25	.405	10½

#### WEST DIVISION

	W	L	Pct	GB
Arizona	25	19	.568	—
Colorado	24	20	.545	1
San Francisco	24	20	.545	1
San Diego	20	23	.465	4½
Los Angeles	17	25	.405	7

#### Monday's results

Miami 5 Philadelphia 1

Atlanta 5 Minnesota 1

Cincinnati at N.Y. Mets

L.A. Dodgers at Milwaukee

Arizona at Colorado

St. Louis at San Diego

Washington at San Francisco

#### Sunday's results

Atlanta 5 L.A. Dodgers 2

San Diego 13 Washington 4

St. Louis 4 Milwaukee 2

Miami 2 Arizona 1

Philadelphia 3 Cincinnati 2

Colorado 5 San Francisco 0

N.Y. Mets 4 Chicago Cubs 3

Pittsburgh 1 Houston 0

#### Tuesday's games — All times Eastern

Chicago Cubs (Samardzija 2-5) at Pitts-

burgh (Rodriguez 4-2), 7:05 p.m.

Minnesota (Pelfrey 3-4) at Atlanta (Hud-

son 4-3), 7:10 p.m.

Cincinnati (Leake 3-2) at N.Y. Mets (Niese

3-4), 7:10 p.m.

Philadelphia (Cloyd 0-0) at Miami (Fernan-

dez 2-2), 7:10 p.m.

L.A. Dodgers (Greinke 2-0) at Milwaukee

(Burgos 1-2), 8:10 p.m.

Arizona (Kennedy 2-3) at Colorado (Chacin

3-3), 8:40 p.m.

St. Louis (Wainwright 5-3) at San Diego

(Volquez 3-4), 10:10 p.m.

Washington (Strasburg 2-5) at San

Francisco (Cain 3-2), 10:15 p.m.

## Horoscopes

### Aries

March 21 - April 20

If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

### Taurus

April 21 - May 21

If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

### Gemini

May 22 - June 21

Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

### Cancer

June 22 - July 23

You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

### Leo

July 24 - Aug. 23

Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

### Virgo

Aug. 24 - Sept. 23

You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

### Libra

Sept. 24 - Oct. 23

You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

### Scorpio

Oct. 24 - Nov. 22

Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

### Sagittarius

Nov. 23 - Dec. 21

If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

### Capricorn

Dec. 22 - Jan. 20

You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

### Aquarius

Jan. 21 - Feb. 19

The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

### Pisces

Feb. 20 - March 20

Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Comes with it, for short
5. Mr. Davis, Toronto-born broadcaster who hosted #57-Across
9. Pre-hatched chick homes
13. Ancient Greek city-state
15. Four-stringed instrs.
16. Prefix to 'script' (Written record from court)
17. Subway station's ticket area/entrance
18. Winnipegger who hosted #46-Across: 2 wds.
20. Journeys
22. Let up
23. Tee/ball/club org.
24. Gr.
26. PEI's provincial capital
32. Folk classic: "If \_ \_ \_ Hammer"
33. Early-'80s hit: " \_ \_ (So Far Away)"
34. Thailand neighbour
36. Nada
37. Doesn't implement properly
40. "The Voice" network
41. Thomas Edison's middle name
43. Shipped off
44. Calculator ...when using the + sign
46. Classic game show since 1963: 4 wds.

49. Place
50. Canuck, for short
51. A birthstone for Libra
53. Pillar with a pyramid-shaped top
57. Classic Canadian quiz show, " \_ \_ Challenge"
60. Don't dine out: 2 wds.
62. Tenant's payment
63. Ringlet

64. Coin insertion places
65. Aquatic organism
66. Keel part
67. Disgorge

### Down

1. Online ID addresses
2. Without a flat-screen, e.g.: 2 wds.
3. Greek Myth: Muse of

- history
4. Frog's furniture: 2 wds.
5. Seethe
6. Some old theatres
7. Poetic nightfall
8. Summer hrs. in Ottawa
9. Gasoline additive
10. Pate de foie \_ \_
11. Strong wind
12. Lorne Michaels' li'l

BY KELLY ANN BUCHANAN

- show
14. Canadian distiller, Joseph E. \_ \_ (b.1841 - d.1919)
19. Today, tomorrow ...tiny-ly
21. 4 qts.
24. \_ \_ of honey
25. 'Kero' add-on (Camping lamp)
26. Relax
27. Bisect
28. Bird: French
29. Grand \_ \_ Railway
30. "A Fish Called \_ \_" (1988)
31. \_ \_ Peace Prize
32. 'Tsar' suffix (Russian empress)
35. Computer monitor [abbr.]
38. 2002 Jennifer Lopez album: 'This \_ \_ \_ \_ Then'
39. Equipment for equestrians
42. \_ \_ , Georgia
45. Turndowns
47. Clay-ish stuff
48. Type of tennis serve
51. Mr. Hersher
52. Vintage video game
53. Fiend
54. Brussels is its cap.
55. Street sign
56. Tailed toy
57. Renaissance painter, \_ \_ Angelico
58. Li'l Dell products
59. Sea diver
61. Australian state [acronym]

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

			8	2			5	7
6	9			7	1			3
	1			8			7	
	5	4				1	3	
	7		4				6	
7			9	3			2	8
9	2			6	5			

## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 19°  
MIN: 8°



MAX: 19°  
MIN: 7°



MAX: 20°  
MIN: 8°



JENNA KHAN  
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“do you feed your  
chicken growth  
hormones?!”

**KAITLIN M.** *Winnipeg, MB*

“Do you use  
deformed  
chickens in  
your chicken  
nuggets?”

**KURLIN H.** *Edmonton, AB*

“what is the  
recipe for  
your chicken  
nuggets?”

**NICK R.** *Ottawa, ON*

“Do you  
use chicken  
breast?”

**HEATHER E.** *Toronto, ON*



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“Why do all your  
“McNuggets”  
look exactly  
the same?”

**BRAYDEN H.** *Canada*

“is the chicken  
real or pink  
sludge”

**LIAM M.** *Brampton, ON*

“what parts of  
the chicken  
do you use?”

**CATHERINE P.** *Ottawa, ON*

“Is there any  
alien in the  
chicken  
nuggets?”

**SEAN F.** *Edmonton, AB*

“what is the recipe for your chicken nuggets?”

**NICK R.** *Ottawa, ON*

*Our answer:*

Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

“Do you use deformed chickens in your chicken nuggets?”

**KURLIN H.** *Edmonton, AB*

*Our answer:*

No, deformed chickens are not used to produce any of our products. All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

“do you feed your chicken growth hormones?!”

**KAITLIN M.** *Winnipeg, MB*

*Our answer:*

Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

“Why do all your “McNuggets” look exactly the same?”

**BRAYDEN H.** *Canada*

*Our answer:*

Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

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**YOUR QUESTIONS.™**

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“Do you use chicken breast?”

**HEATHER E.** *Toronto, ON*

*Our answer:*

Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

“Is there any alien in the chicken nuggets?”

**SEAN F.** *Edmonton, AB*

*Our answer:*

There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

“what parts of the chicken do you use?”

**CATHERINE P.** *Ottawa, ON*

*Our answer:*

The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

“is the chicken real or pink sludge”

**LIAM M.** *Brampton, ON*

*Our answer:*

Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.